

CESSATION RESOURCES

Links to all of these resources are found at: wismokefreehousing.com/#helptoquit

Quitting isn't easy, but it can be done and it is easier with help. There are many accessible quit smoking resources available in Wisconsin. Residents who smoke can choose the one that's right for them and take the first step towards living a longer and healthier tobacco-free life.

WISCONSIN TOBACCO QUIT LINE

1-800-QUIT-NOW

Wisconsin Tobacco Quit Line has helped more than 200,000 smokers quit smoking since 2001 by providing free, confidential coaching and helping their callers make a plan to quit for good. Research shows that callers to the Quit Line are four times more likely to quit than if they try to quit on their own.

FIRST BREATH – WISCONSIN WOMEN'S HEALTH FOUNDATION

The First Breath Program provides help to improve maternal and child health in Wisconsin through perinatal tobacco cessation programming. First Breath helps women quit smoking during pregnancy by training health care providers to deliver evidence-based tobacco cessation counseling as part of existing prenatal health care.

FREEDOM FROM SMOKING

To help adult smokers quit, the American Lung Association offers Freedom From Smoking®. The program teaches the skills and techniques that have been proven to help smokers quit. Freedom From Smoking® is available as a group clinic and a self-help book.

An [online version](#) is also available in both a free and premium option. The online version is for adult smokers who want to quit but cannot attend a clinic. The program can be accessed 24/7 in the comfort of your own home with activities similar to those offered during the traditional clinic setting. Participants have the option to chat online with others who are taking the online version.

WiNTiP – WISCONSIN NICOTINE TREATMENT INTEGRATION PROJECT

WiNTiP recognizes that almost half of all cigarettes sold in the United States are consumed by people with mental illness and substance dependence. This program encourages and trains health care professionals to deliver evidence-based nicotine dependence treatment within all AODA and mental health care systems in Wisconsin. Learn more at HelpUsQuit.org.

For more information on smoke-free housing visit
www.wismokefreehousing.com

